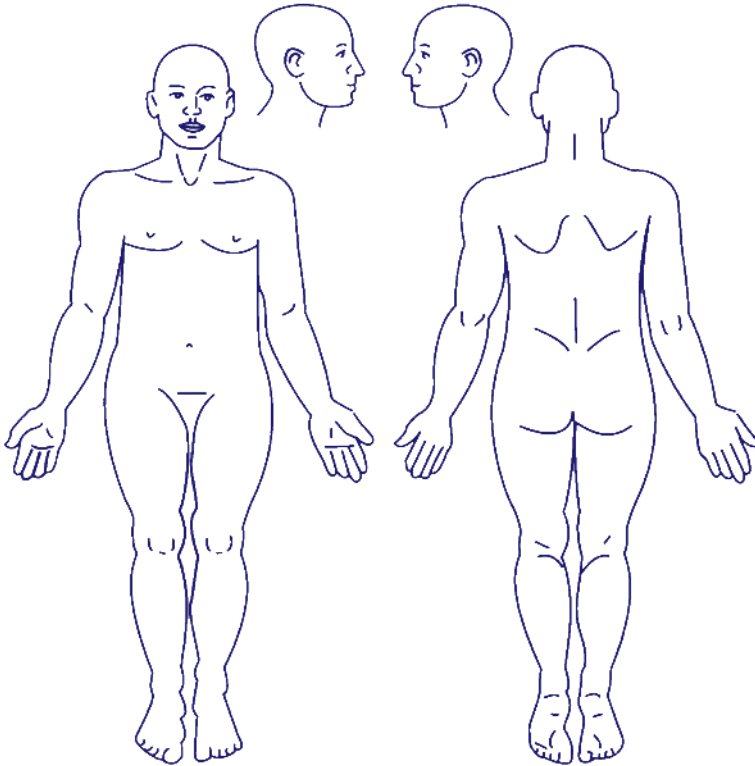


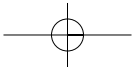
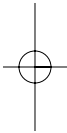
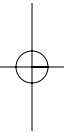


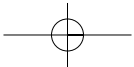
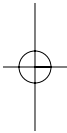
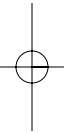
London Bridge Hospital

**Symptom Management Diary**









## Introduction:

A symptom diary can be a helpful way to keep a record of your symptoms that you may be experiencing.

Keeping a diary will help both you and your medical team discuss your symptoms either in the community or in hospital.

## Symptom Location:

Are your symptom(s) located in one part of the body or in more than one place at any time?

Does the symptom start in one place and gradually move or get worse as the day goes on?

Use the diagram to help locate the symptom.

## How bad is the symptom?

Try using the scale of 0-10 to score the symptom where:

0 = No symptom

10= Severe Symptom































